

## Ulster Way



Kit Johnstone, Ph.D.  
Past Holywood

4 But Mountains of Mourne and Cuilcagh  
Will always remain on my mind  
For long as I live, and the stars,  
And life, and memory can me find.

Kit Johnstone, Ph.D.  
Wilderness, 2011

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† Rivers Conan and Rha flow into the bay of Uig, *Caoin Abhainn* means a gentle flowing river and *gja* is Norse for a steep-sided ravine.